

**Monday: 26/10/20**  
Ephesians 6:10 –12

We are encouraged by Paul to prepare for battle. Not just any physical battle, but a conflict that includes the spiritual world as well.

The secular world will deny that there is even a spiritual level of existence. They will use sarcasm and pseudo science to attack any who understands the existence of a duality of physical and spiritual.

Paul writes to the Ephesian Church and instructs them on how best to prepare for the battle of faith they, and even us today, will be facing.

He starts by telling Christians that they need to rely on the Lord's strength and not their own.

Each day I step forth ready for battle.

**Tuesday: 27/10/20**  
Ephesians 6:13-14

What were the belt and breastplate of the Roman soldiers' uniform? These two important pieces of uniform help to protect them. The belt holds the breastplate in place so that it will not move around or become loose. While the breastplate protects the major organs.

In Paul's description the belt represents Truth and the breastplate represents righteousness. The truth is the gospel of Jesus and the righteousness is the way in which every Christian should act. Another important aspect of the breastplate is to identify the soldier. In this case the Christian stands and is identified to other Christians and the world.

In truth and righteousness I pray to stand firm.

**Wednesday: 28/10/20**  
Ephesians 6:15

There are several strong analogies that can be drawn from Paul's reference to footwear and the Gospel of Peace from which Christians can find strength.

The first thought is of the Roman military sandal. It provided protection to the feet and stability when one goes into battle. They were made light and sturdy; so soldiers could run with confidence into battle.

The second thought is to do with stability. If as Christians we are firmly grounded in the peace of the Gospel, we will be able to hold our ground. This is important when we are being attacked for our faith. We will need a firm understanding of the Gospel.

May I step forth on the solid ground of my faith.

**Thursday: 29/10/20**  
Ephesians 6:16

Here we have the shield of faith. In Roman times the shield was the first line of defence against attacks. Each shield could protect the individual soldier or be linked in a unified formation called the tortoise.

As for the fiery darts mentioned? Darts at the time Paul is writing were not small as they are in games today. They were large lead weighted projectiles that would stick into a shield and weigh it down. Fiery darts would also catch wooden shield on fire. Many soldiers would soak their shield in water before hand to extinguish such darts.

Christians are told to make sure our faith is firm and ready to quell such spiritual darts or verbal attacks.

My faith, my shield, my trust in God alone.

**Friday: 30/10/20**  
Ephesians 6:17

The helmet and the sword. Two crucial pieces of a Christian's armour for combat. Soldiers know that the helmet can mean the difference between a loud knock on the head or a deadly crack to the skull.

The helmet represents our Salvation. We can enter into conflict with assurance that our Salvation can not be taken by even Satan. We are safe as we trust our helmet, our Salvation.

The sword of the Spirit, the Holy Word of God is the only offensive part of the armour of God. We are told it will help us defend against those who would attack us. We also need to be aware that misusing the sword or scripture can be dangerous.

My salvation is blessedly assured in Jesus.

**Saturday: 31/10/20**  
Ephesians 6:18-20

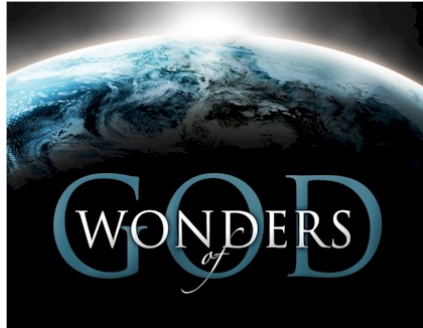
Paul concludes with a last piece of advice that is not part of the armour but just as vital as all the other pieces added together.

Prayer links us directly to God. It gives us the comfort and confidence to stand our ground and know that we are not alone. We are in fact a soldier in God's amazing army of believers.

We are extolled to pray fervently. For ourselves and for others. Paul asks the Christians in the Ephesian Church to pray that he, Paul, would be given the words needed so he could speak out in true faith. Something we can pray for ourselves.

May I continue to pray each and every day.

## *The Wonder of God*



When do I feel the presence of my God?  
Or feel the warmth of the Holy Spirit?  
Nearer to God I pray to always be.  
Embraced and sheltered by his loving Grace.  
Reason and logic cannot comfort me.  
Only the solitude of a thin spaces.  
Found in the gentle moving of my faith.  
God speaks to me in the stillness of faith  
Over the painful confusion of life.  
Directing my heart and soul to trust him.

MJ Flack

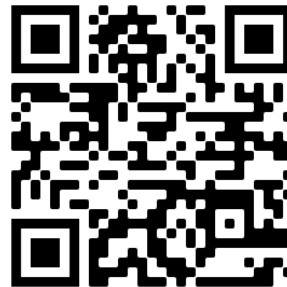
## **Bowenfels Presbyterian Church**



*We believe in the Bible over all of life  
and that Salvation is: In Christ alone,  
by Grace alone, through Faith alone.*

*Our Church Website*

*<http://bowenfelspresbyterianparish.org.au>*



*Affiliate Website*

*Benediction*

*<http://benediction.org.au>*

## **Six days to Sunday**



**Stepping Stones  
of Faith**

**20 10 26**